

How to Make Chinese Steamed Beef Balls (Ngao Yuk)

Yield: 18 min
Total Time: 28 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-steamed-beef-balls-recipe>

Ingredients:

- 1 pound minced beef
- 1 pinch baking soda
- 1/3 teaspoon dried citrus peel
- 3 teaspoons cornstarch
- 1/2 cup water cold
- 2 teaspoons vegetable oil
- 1 pinch white pepper
- 1/4 teaspoon salt
- 1/2 teaspoon chicken bouillon
- 1/2 teaspoon sugar
- 4 drops sesame oil
- 1 teaspoon oyster sauce
- 1 bunch watercress

Nutrition:

1. Calories: 60 calories
2. Carbohydrate: 1 grams
3. Cholesterol: 15 milligrams
4. Fat: 4.5 grams
5. Protein: 5 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 80 milligrams

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